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Marijuana



The controversial weed...marijuana

— KENT WALTON

The debate over legalization fires up

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Mary Reynolds, center, in her role as speaker of the Student Senate.

Parking, dorms on top of Reynolds' list

Second in a series on candidates for president/regent

By PATRICK RUNGE

Mary Reynolds said she has what it takes to be president/regent.

"I think that I am a little more down-to-earth than the other candidates I am aware of," she said. "I can relate to the groups of people I am presented with, whether that be the student body, the administration, the regents, or the legislature. I don't see that in the other candidates."

Reynolds, a junior, has served on the Student Senate for three years. She has been the speaker of the senate for the past two years. She received the Outstanding Senator and the Leadership Award from the senate.

"I think I have the experience necessary to achieve the goals that are important to the student body," she said. "I've shown my leadership abilities in the past and will hopefully be able to use those in the future."

Reynolds said one of the three issues she is most concerned with is getting student housing at UNO.

"I have been selected to serve on the Chancellor's Committee looking into the feasibility of student housing," she said. "I think that, since I have that link, I'll be able to

represent the student body of UNO at the Board of Regents on the issue of housing."

The second area Reynolds said concerns her is the lack of space at the Child Care Center. Reynolds wants to work with the senate as president/regent to give the center more money from Student Government.

"We in the Student Government office always hear about the three pages of names of people waiting to use the center," she said. "I think by giving them additional support, especially in terms of dollars we would be able to generate, we would be able to start meeting some of those needs."

Improving the parking problem at UNO is the third issue Reynolds said she would address as president/regent.

"What I would like to do is have Student Government take a portion of its money, perhaps \$10,000, and put it in some kind of investment," she said. "Then, when the investment matured, we could go to the administration and say 'we have this much money to invest in parking on campus.'"

By having the students bear some of the costs of improving parking, Reynolds said, the students would gain credibility in the eyes of the administration.

"Let's put our money where our mouths are," she said. "We all hear complaints about

how bad the parking is out there. I think it is time to stop complaining about it and actually start looking at solutions to the problems."

Reynolds said she would like to see the president/regent have a vote that counted on the Board of Regents. Currently, the student president/regents make "opinion" votes that go on the record but do not count in deciding issues.

"The students that sit on the board are probably just as informed about the issues as the elected regents," she said. "They also have more of an interest in what is going on. I think that makes them a valuable source of information, and since they have that information, they should be allowed to vote."

Reynolds said that she was pleased with the progress students have made with the Board of Regents, however.

"I think the vote on the record helps the students on each campus know what their student regents are doing," she said. "It also shows the regents we are not just a bunch of kids who don't know what is going on."

Reynolds said she cares about UNO.

"I know that is a really easy thing to say, but actions speak louder than words," she said. "I think if anyone looks at my past record they will see I have a true commitment to the university."

Having China and Iraq with breakfast

By GARY PETERSON

"Iraq is not 10-feet tall," said Winston Lord.

As a former U.S. ambassador to China, Lord discussed the current Mideast crisis and U.S.-Chinese relations at the 1990 Academy, Business and Community Breakfast series Friday.

Although some say Iraq's invasion of Kuwait compares to Nazi Germany in the 1930s, Lord said Iraq's military and economic prowess are not equal to Adolf Hitler's.

"I cannot accept that Saddam Hussein is widely popular in his own country," Lord said.

Lord praised the overwhelming international support for President Bush's actions against Iraq. While he acknowledged arguments for a quick, unilateral military strike against Saddam, Lord downplayed such possibilities.

"The world has been given another chance to prove the United Nations can keep the peace," he said.

Although Lord touched upon the current Mideast crisis, most of his speech was devoted to U.S.-Chinese relations.

Opening his speech with a humorous anecdote, Lord said he — not former Secretary of State Henry Kissinger — was the first American to visit China 22 years after diplomatic ties were severed.

"Kissinger was in the back of the Pakistani plane, and I was in the front. So, as we crossed the Chinese border, I was the first American to enter China," Lord joked. "He's never forgiven me for that."

Lord spoke to a packed crowd in the Peony Park Ballroom of China's future and its relations with the United States.

Describing Chinese leader Deng Xiaoping as a last emperor of a disappearing dynasty, Lord said China will become more moderate as its older leaders pass away. Most of China's middle-level leaders, Lord said, favor moderation.

Despite his optimism, Lord said the tragedy at Tiananmen Square should be not forgotten.

"China fell into a time warp," he said, adding that the Chinese government ignored the winds of change that swept the world in 1989 by violently suppressing the demonstration in Tiananmen Square.

Now, Lord said, China exhibits a "siege mentality."

Lord encouraged U.S.-Chinese dialogue on both official and private-interest levels.

China represents a large potential market for American goods, Lord said. And rejecting trade with China, he continued, would hurt the wrong people — both Chinese and American.

Still, Lord said, the United States should avoid legitimizing the current Chinese regime — which actively pursues Western technology but refuses to accept its cultural offerings.

"In the 'Information Age,' countries must open up both internally and to the rest of the world," Lord said.

Such actions, he said, are key to becoming a truly modern and powerful nation.

News Nuggets

UNO and local information

Seven new faculty members hired

UNO's College of Education added seven new faculty members.

"I sincerely feel we have attracted an outstanding group of educators," said Richard Flynn, dean of the College of Education. "They are among the best in the nation."

New faculty members in the department of educational administration and supervision include: Chairman John McKay, Associate Professor Gary Hartzell and Assistant Professor Doris Henry.

Additions to the department of teacher education include: Assistant Professor Judith Harris, Instructor Colleen Lenners and Karen Hayes Butler.

Professor Jack Frymier will serve for both the educational administration and supervision department and the teacher education department.

Connection between Midwest and European economies sought

Omaha World-Herald Business Editor Steve Jordon received the 1990 "Andy" Award from UNO.

The Andy Award is presented each year to a member or members of the Nebraska news media whose coverage enhances the international awareness of Nebraskans.

Named in honor of the award's first recipient — former chairman and chief executive officer of the World-Herald, Harold Andersen — this year's recipient was recognized for his work as a lead writer and major contributor to the World-Herald's special Outlook '90 business section.

Jordon and photographer Jim Burnett traveled to Europe last year for interviews with dozens of European and American business people and government officials. The assignment took them to England, Belgium, Hungary and Poland.

Fellow travelers included U.S. Secretary of Agriculture Clayton Yeutter and ConAgra, Inc. Chairman Charles M. Harper.

"The trip was an idea that I had had for a couple of years," Jordon said. "We wanted to look at the increasing interconnections between Midwest businesses and the overseas economy, and also the opening of Eastern Europe to free enterprise."

'From rock to Bach'

The 21st-century Steel Drum Band will perform everything from "rock to Bach" at UNO's Strauss Performing Arts Center Recital Hall Wednesday.

Originally from Trinidad, this five-piece band will also perform calypso, reggae and the contemporary sounds of today.

The band, one of the oldest groups of steel bandsmen in the world, will perform at 7:30 p.m.

Bondage may have violated anti-hazing laws in Texas

A University of Texas (UT) student was found bound and gagged behind a fraternity house Sept. 10 in what police are calling a possible fraternity hazing incident.

Police have arrested two 18-year-old men, both apparently pledges of the Pi Kappa Alpha fraternity.

Texas law and university regulations forbid hazing activities, according to Assistant Dean of Students Glenn Maloney. The students involved could face expulsion, he said.

The man who was attacked, a member of Pi Kappa Alpha, told police he was sleeping in his bed in the fraternity house when a group of fellow frat members blindfolded him and tied him up.

"It's not uncommon for this to happen here," Maloney said.

In 1988, another UT student died when he fell off a cliff while running from two fraternity members who had been trying to throw him into a sorority house pool.

In an attempt to end hazing rituals, during which prospective fraternity members are made to perform bizarre stunts to gain full membership, 10 Greek organizations have abandoned pledging.

Instead, when students join, they immediately become full members.

In the past decade, more than 40 students have died in hazing incidents.

Last spring, fraternity members at the Universities of Washington, Florida, Florida A&M and Northwestern Louisiana were disciplined for various hazing incidents.



University of Arizona students sign up for fall rush

'Screaming flashlight' sales soar

Fear of campus crime, spurred in part by the August murders of five collegians in Gainesville, Fla., has sparked brisk sales of security devices for students, several colleges report.

"College communities are becoming increasingly aware of, and concerned over, the many dangers facing students on a day-to-day basis," said Sean Tallarico, director of security and safety at Moravian College in Pennsylvania.

As part of its new Operation Alert, Moravian is offering freshman students "screaming flashlights" — portable flashlight/alarms that sound a high-pitched siren when a switch is pressed or when the carrying strap is pulled from its socket.

"I'm very happy with it," Tallarico said. "It's a good safety thing for our students to carry with them."

The "Alarm Light," produced by Fields Enterprises in Kingstown, Pa., is also becoming a popular item at other colleges, according to manufacturer Matt Fields.

Similarly, Miami-based ZEI Corporation is selling a portable security alarm to students. "It gives these students the protection they need," said designer Lincoln Zonn, adding that University of Florida students snatched up 1,000 of his devices in one day.

He said he also sold quite a few to students at Northeastern University in Boston, where a student was murdered last year.

The murders of five students within three days in Gainesville last August prompted widespread panic on the University of Florida campus.

Many students went home just as classes were starting. Others who stayed held large slumber parties for protection. The student paper suddenly got an influx of ads for Mace, tear gas and stun guns.

While police investigating the case say they have several suspects, no one has yet been charged.

CPS Cartoon Commentary



Enrollment separates colleges into 'haves' and 'have-nots'

Enrollment at two-year colleges rose dramatically during the 1989-90 school year, while enrollment at four-year schools held steady, Peterson's guides report.

"I think this is a trend," said Donald

Dickason, vice president of Peterson's, which publishes a wide variety of college guidebooks.

The student population at public, two-year colleges jumped 6.01 percent, while freshman enrollment increased 4.73 percent, the company's annual college guide found.

However, private and public four-year schools have seen a slight decrease in the number of entering freshmen, according to the report.

Dickason said he believes more students are attending two-year colleges to avoid the skyrocketing costs of a four-year education.

He said along with two-year schools' ability to attract freshmen they also have drawn some students who were attending four-year colleges.

Four-year schools are, in fact, signing up fewer freshmen this fall, according to statistics.

Last May, the National Association of College Admission Counselors (NACAC) found

that 670 of the 800 four-year schools surveyed still had openings for first-year students.

NACAC officials said the numbers suggest that the great college enrollment drop, predicted since the early 1980s, may have finally arrived.

Smaller-than-normal freshmen classes were reported this fall at several colleges, including the University of Nebraska at Lincoln.

However, some schools pointedly issued press releases claiming they had "bucked the trend" of dropping enrollments.

Nebraska Wesleyan, Colorado, Wisconsin, Yale, West Texas State, among others — all boasted of larger student populations this fall.

"Those who are bucking the trend, talk about it. Those who aren't bucking the trend, don't," said Dickason. "It's human nature."

He said schools this year seem to be quickly dividing into student 'haves' and 'have-nots.'

"We have found that the variability between college populations is wider and wider this year," Dickason said.

Two- and four-year colleges that increased their enrollments enjoyed big increases, while other schools seemed to suffer steep declines, he said.

"We have found that the variability between college populations is wider and wider."

— Donald Dickenson

College Clips

from College Press Service

Minority enrollment increases slightly

College minority enrollment rose only 2 percent over a 10-year period, the U.S. Department of Education reported recently.

Racial and ethnic minority students comprised 18 percent of the total student population in 1988, compared to 16 percent in 1978, the department's National Center for Education Statistics found.

The small gain came despite efforts by schools to attract larger minority enrollments.

According to a January 1990 survey, eight out of every 10 college presidents polled said they had directed "a lot" or "some" effort toward increasing minority enrollment.

Yet, only one in four said minority enrollment actually increased at their school.

"Over the years, we have maintained our minority enrollment at 13 to 14 percent," said Frederick Sperry, registrar and executive director of admissions for the University of Wisconsin at Milwaukee.

He said, for more than five years Wisconsin-Milwaukee has actively recruited minorities, working with parents, students, high schools and junior high schools.

"Nevertheless, the numbers are not that great," Sperry said. "Many more colleges are focusing efforts on recruiting and retention. But we have to do more early on."

Other surveys have shown that progressively smaller percentages of minority students are going on to college.

'Fire-prone' chemistry lab

No one was injured when explosions damaged the chemistry buildings at Indiana's Purdue University and Kentucky's Hazard Community College, recently.

At Purdue, a chemical compound drying inside the oven of a first-floor chemistry lab exploded, blowing a door off its hinges, shattering glass, damaging the oven and disrupting classes on the third floor.

Nitrocellulose, commonly known as "gun cotton" or "flash cotton," apparently caused the blast, according to investigators. It is a cotton-like substance often used in magic shows and chemistry demonstrations to produce a brilliant flash of light.

The compound was being baked in preparation for a chemistry show this fall, according to Grant Kepner, director of safety and security at Purdue.

"Drying it is a normal process," he said. A chemical fire caused more than \$100,000 damage at the Hazard College, Sept. 5.

The fire broke out in a chemical storage room after white phosphorous had eaten through its protective container and was exposed to air.

White phosphorous, which is stored in water, ignites at about 30 degrees in moist air and at slightly higher temperatures in dry air.

The explosion occurred as fire spread to other chemicals.

About 500 students, faculty and administrators were evacuated from the building, which houses classrooms and administrative offices.

Fire experts say chemistry buildings are generally the most fire-prone places on campus because of the chemicals used in science labs.

college digest

compiled by Tim Rohwer

Something else good to vote for

Before reading this editorial, take a look at the Keli Anders column on the right-hand side of this page.

The 2 percent lid strikes again. This "2 percent solution" seems to be on a lot of people's minds, including our's, this fall. And

Staff editorial Our view

that's understandable. The lid will have a negative impact on higher education in Nebraska.

But while worrying about Omaha tax activist Ed Jaksha's monster, another constitutional amendment on the November ballot promises to affect UNO and the entire University of Nebraska system just as much.

It's Proposed Amendment 4, the constitutional amendment to restructure public higher education in Nebraska. Here's a quick refresher course for those who don't remember reading about the amendment last spring.

The NU system is made up of UNO, the University of Nebraska-Lincoln, the University of Nebraska Medical Center, and in July, the University of Nebraska at Kearney. The University of Nebraska Board of Regents governs the day-to-day activities of these campuses and coordinates programs, role and mission, and budgets between campuses.

Last year, an independent study team decided the regents could not effectively govern and coordinate.

After some compromises, it was decided a commission to coordinate academic programs and role and mission between the NU cam-



puses and the state colleges would be created. The regents would govern and coordinate between the NU campuses.

This setup will allow the regents to spend more time efficiently managing the campuses while the coordinating commission concentrates on creating long-term plans for the entire

public system of higher education.

Amid all the tax hoopla this fall, this amendment shouldn't be forgotten. It deserves the support of UNO students and Nebraskans. It will have a positive impact on higher education in Nebraska long after Jaksha's crazy little idea has dried up and blown away.

How to make your life miserable

Do you know how to worry? You do if you are the normal, hard-working, nail-biting, scalp-itching, profuse-perspiring, knuckle-biting, brow-wiping, pencil-tapping, pen-clicking, gum-chewing UNO student you're supposed to be.

But do you know how to worry creatively?

Can you take the simple worries and common-place fears of everyday life and transform them into true misery-making anxieties?

In order to let your fears become misery-makers, they must meet these simple qualifications: First, there must be hell to pay if your fear proves to be true. Second, there must be some evidence that your fear will become reality. Third, there must be a substantial period of time to wait before finding out if your fear is coming true.

If your worries don't seem like they could be classified as first-class anxieties, don't lose heart. You can always summon the power of

negative thinking. How do you tell if you're a negative thinker? That's easy.

The true negative thinker, when told to picture a little vine-covered cottage surrounded by a beautiful garden, will see nothing but high mortgage payments and hay fever. A born negative thinker won't just worry about getting a cavity. Negative thinkers will worry about which night stand they should use for their false teeth.

Still wondering if you are a negative thinker or not? Consider these questions:

Do you ever worry about whether the light bulb in your refrigerator goes out when you shut the door? Or do you wonder what your dog thinks when he sees you coming out of the shower completely naked? Do you worry about removing the labels from pillows or mattress that say, "Do not remove label under penalty of law?"

Do you ever get up in the morning with a splitting headache, only to spend hours deciding

Jennifer Malone Columnist

if you should take two Anacin or a few Advil?

When you brush your teeth, do you worry about whether or not your toothpaste is the one "group A" chose? "Group A" being the ones that developed 38.3 percent fewer cavities because they had the toothpaste which contained the secret ingredients of GL-73, hexochlorophine, stannous fluoride, titanium dioxide and carbomer 956.

If you answered yes to any of the above questions, congratulate yourself. You have discovered the true ability to worry creatively, and in no time at all you'll be on the road to attaining a completely meaningless and miserable life.

Good luck.

Keli Anders Columnist

Jaksha's 'satanic' lid

Gilda Radner said it best.

"Well Jane, it just goes to show; it's always something."

How disgustingly true.

Thanks to Eddie Dearest, UNO might be forced to can several departments, which means I may be out of a job in a month or so.

Not this job, mind you — so don't jump too high for joy. Just the one that pays for my classes, the dump I live in, and the Top Ramen noodles crammed in my cupboards.

In essence, my livelihood. No biggie.

If the thought of my potential homelessness and perpetual lack of erudition doesn't grab you, try this baby on for size: the non-existent dorms on campus will stay that way.

That's right. No dorms. No culture. No nothing.

And you education majors out there can forget about landing a job here in beef land: the few teachers around these parts who aren't dumped out on their flatheins to fend for themselves will get a pay cut for doing more work.

Don't fret: I hear there's work in Calcutta.

It gets worse. But at the risk of sounding preachy, I won't continue. I'm sure I've already ruffled some feathers — which was my plan in the first place.

Those sinners (oops, I mean citizens) who signed "Heathen" Ed Jaksha's petition are to blame for this. They created this 2 percent lid business which means no public school in the state (or state-funded institution or program) can increase its budget by more than 2 percent per year if the lid passes in November.

How out of touch with reality can these idiots be?

Any dimwit knows that since costs rise about 5 percent each year with inflation, it's impossible to keep everything going and growing by shelling out a lousy 2 percent.

That's only two cents out of a friggin' buck, for pete's sake. Let's be reasonable, not impossible.

I've reached the conclusion that common sense is a priceless virtue which politicians and people who sign pointless petitions are not blessed with. (Oh, what the hell, I'll be preachy for once.)

Come to think of it, they're not blessed with any of the other five senses either.

It's up to sensible voters out there to avoid this nonsense by voting against the lid come election time.

If you want culture, if you want teachers, if you just want that piece of paper that'll get you a job after four or 10 years of study — for heaven's sake, vote against this satanic lid.

Ricky Ricardo said it second best, "It's just so ridiculous!"

Gateway

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Marjiana as medicine? Medical and casual marijuana use addressed

By DANIEL SHEPHERD

How "high" is your drug IQ?

Americans should be embarrassed by the ways in which their ignorance about drugs has been exploited, said Doug Wagner, a UNO Health, Physical Education and Recreation (HPER) professor.

"I don't know of any subject in America that is taught with so many misconceptions," he said.

Wagner, who has worked with chemically dependent people for 20 years, currently teaches a drug-awareness course at UNO.

"The legal and illegal distinctions of drugs in America weighs primarily on political leaders exploiting our ignorance, not upon scientific understanding," he said.

Although NORML (the National Organization for the Reform of Marijuana Laws) claims that marijuana has been proven effective in the treatment for AIDS, glaucoma, multiple sclerosis, muscular dystrophy and cancer, officials at the University of Nebraska Medical Center said the medicinal use of marijuana — or the chemical in marijuana called THC — primarily is credited with preventing nausea in cancer patients.

"It (THC) is a substance that potentially can be used, but there are much better agents out there," said Dr. Clarence Ueda, dean of the College of Pharmacy.

Pam Freese, spokeswoman for the Nebraska AIDS Project, countered NORML's claims that THC could be an effective treatment for AIDS.

"THC on AIDS patients would help (further) breakdown their own immune system," Freese said. "I don't think there is enough data done on the subject of THC and AIDS to give you an accurate study yet."

However, Freese questioned whether anyone has the right to refuse a dying person the opportunity to get "high."

Wagner said Americans have lost the distinction between appropriate use and misuse of drugs, due to the anti-drug policies characterized in the Reagan and Bush administrations.

"Right now, we simply say any use is misuse," Wagner said. "That simply denies history and, basically, denies any sense of what you call a casual user — someone who is choosing a particular time frame and setting in which they are going to use that drug."

Wagner said America needs to re-address the reasons people take drugs and the "benign effects" of marijuana.

"Most of the effects of long-term tobacco use is malignant (cancer-causing)," he said. "Marijuana is not the kind of drug that requires that kind of excessive smoking."

Wagner said he believed the effects of marijuana are not as harmful as tobacco and alcohol.

However, he said today's social climate could not host a thoughtful debate about legalizing drugs.

"Everyone sees that issue as indicative of a deranged mind," he said.

Wagner said it is an "exaggerated fear tactic" to claim that decriminalization would increase marijuana use.

"There is no historical comparison to make that statement," he said. "I can't think of any time in history that we can say a society was introduced to this drug, and the whole society became stoned."

People who use drugs — and those who use any form of escapism when dealing with stress — have limited coping skills, said Deann Zens, a spokeswoman for St. Joseph Center for Mental Health.

"They are not coping with what is going on," Zens said. "They need to learn stress-management, not how to drug those feelings of stress."

Wagner said the benefits of using drugs to combat stress is situational.

"They may use a drug to prod them, or they may use a drug to help evade the issue," Wagner said. "Sometimes it gives them additional stimulus to address the stressful situation. Sometimes they use it to give themselves rest from that stressful situation."

However, Wagner said drugs have always been used, and they will probably continue to be one response to stress.

NORML fights for legalization of hemp

By KENDALL GRAY

Is marijuana as American as baseball and apple pie?

That's the question organizers of the second annual "Heartland Hemp Fest," attempted to answer Sunday. The rally, held in Central Park Mall, was designed to increase public awareness of the variety of uses for hemp — a plant used to make rope, paper, clothing, food — and marijuana.

Featured speaker Ben Masel, *High Times* magazine's 1988 counter-culture hero of the year, said the history of marijuana in America stems back to our founding fathers.

According to Masel, George Washington sent a letter to Thomas Jefferson, thanking Jefferson for certain seeds which Washington found to be "Good for both flour and pipe."

Masel said that seed was hemp, and the letter illustrates the claim that marijuana has a long history in America.

Don Fiedler, national director for NORML (National Organization to Reform Marijuana Law) also urged legalization of hemp, saying marijuana produces no side effects.

The medical notion of short-term memory loss, according to Fiedler, is not true. He said hemp has legitimate uses that the government and the medical community have not examined.

He said marijuana can be used to alleviate the symptoms of glaucoma, the muscular tremors associated with muscular dystrophy, and most of the side effects that chemotherapy cause in cancer patients.

According to Fiedler, Americans have developed hypocritical attitudes toward marijuana and drug use.

"This is a frying pan," Fiedler yelled, waving a large pan in front of the crowd. "This is an egg." Then he placed a photograph in the pan. "This is a frying pan with a picture of (Drug Czar) William Bennett on it. Any suggestions?"

As the audience cheered, Fiedler threw wine coolers, beer, tea, glue, cough medicine, dexamtrix, coffee and cigarettes into the crowd.

Each item, Fiedler said, is a legalized drug. The legalization of those drugs, coupled with the illegal status of marijuana, highlights



Holding a stalk of hemp, supporters of marijuana legalization demonstrated at the Central Park Mall Sunday.

America's hypocrisy, he said.

Masel passed out samples of a cake made from hemp, which he said is similar in nutritional value to soy protein and could be produced using less herbicide and less costly farming techniques.

"Hemp is a weed," Masel said. "It grows anywhere with very little effort."

Most participants in the rally agreed with the call to legalize hemp.

"If marijuana was legalized there would be a lot fewer problems with violence and gangs, and money could be raised from taxing it," said Bruce Dunelew, a 24-year-old commercial pilot. "Some of the things that I heard about the medical benefits seem worth looking into."

About 500 people were in attendance at the festival, listening to the speakers and wandering around a variety of information tables set up around the mall.

Health Hints

compiled by Stacie Hawkes

To each his own

Just as no two people are the same, no two skin care regimens should be either.

Skin care is very individualized, according to Suzanne Braddock, a dermatologist at the University of Nebraska Medical Center.

The biggest mistake we make in skin care, she said, is believing advertisements.

Braddock said the rules for skin care are actually very basic, unless you have very sensitive skin or have severe allergies.

"The best thing you can do for your skin is to wash it once a day and avoid harsh soaps."

However, skin care should be modified depending on skin type.

"Make-up, especially, is very different from person to person," Braddock said.

Women with skin that is prone to acne should use a water-based foundation, Braddock said, while dry or combination skin types should use moisturizing foundations.

Protecting the condition of facial skin is something that applies to all types of skin.

Braddock recommends using a sunscreen year around.

"Protecting both the upper and lower portions of the face are important everyday," she said, "even in the winter."

During the colder months, Braddock said, winter winds and snow reflecting the sun make the skin prone to cold sores and wind burn.

She said both men and women need to protect their skin before going outside in any weather.

For men, the side effects of shaving can become a problem.

Braddock said dark complexions are especially prone to razor burn.

Shaving too closely causes razor burn. Using an electric razor often results in tiny red bumps on the surface of the neck and face.

Braddock recommends treating the irritated areas with hydrocortisone.

Keep your nose clean

As cold, dry weather moves in, nosebleeds can become more frequent.

Nosebleeds occur when there is damage to the fragile vessels on the septum, which is the partition to the two nasal chambers, said Dr. Jane Potter, chief of geriatrics at the University of Nebraska Medical Center.

Potter said because the vessels are so fragile, they can be dried out by the weather and crack, causing the nose to bleed.

If you should develop a nosebleed, sit or stand up. This reduces the blood pressure in the nasal vessels.

Potter recommends pinching your nose closed for five or 10 minutes while breathing through your mouth.

Applying ice to the nose is not harmful, but Potter said it only stops the flow of blood on the surface and does nothing to stop bleeding from inside the vessels.

If these steps do not stop a nosebleed, see your doctor or go to the emergency room of a hospital.

To prevent nosebleeds during the winter months, Potter recommends applying petroleum jelly to the inside of the nostrils once a day to keep them from drying out.

At home, try to increase the humidity by using a vaporizer or humidifier, Potter said.

FIRE

Learning the ropes – and the hoses – at Fire College



— DAVE WEAVER

Hero Gateway News Editor Kent Walton battles the flames at the Bellevue Volunteer Fire Department's Media Fire College Saturday.

By KENT WALTON

Plumes of black smoke billowed from the back windows of the century-old farmhouse.

Outside the aging structure, firemen scurried around, dragging hoses and supplies. Inside the house, an inferno raged. The intense heat forced the firemen to crawl on their hands and knees to the back of the house where the heart of the fire raged.

Crouching in the doorway, the firemen raised the nozzle of the five-inch hose and fired a three-second blast of water at the ceiling above the lapping tongues of orange flame.

Their vision was instantly impaired by the cloud of steam that billowed back at them. After the smoke cleared, the fire was out, and the house was saved.

It may have seemed like a typical house fire for a trained fireman. But for the 12 journalists who participated in the Bellevue Volunteer Fire Department's Media Fire College on Saturday, it was a chance to view the firefighter's job up close, rather than from behind a camera lens.

The purpose of the annual, one-day fire college, according to Bellevue Volunteer Fire Chief John Stacey Jr., is to provide journalists with a better understanding of what firemen face when they are on the job.

The journalists were placed in five training scenarios that actual firemen use while training.

However, before they acted the part, the students had to look the part.

Each journalist was suited up in 45 pounds of fire-protective gear that included: boots, pants (with the traditional red suspenders), coat, gloves, helmet and an air tank equipped with a mask for breathing.

After struggling into the gear, (some of which obviously was worn earlier by large, sweaty Bellevue firemen), the students were led to the basement of the District No. 3 fire station for their

first drill.

Thick white clouds of simulated smoke floated up the stairs to greet the wide-eyed journalists.

Following the instructor into the smoke-filled room at the bottom of the stairs, the trainees soon learned that a fireman must rely on more than vision when fighting a fire.

The trainees were lead to a small, dark opening in the wall, not much bigger than the door on an average dog house.

Once again, the journalists followed their instructor's lead and crawled on hands and knees into the smoke-shrouded

"Fire fighting gives you more knowledge. Not only on how to save lives, but how to deal with people when they see their whole lives burning down around them."
— John Brazda, Jr.

tunnel.

Inside the claustrophobic confines, the participants were immediately shrouded in darkness.

The only audible sounds were an occasional shout from somewhere in the haze and the rhythmic sound of breath passing through the exhalation vents on the trainee's masks.

After five minutes of groping and crawling, the smoke gave way to a light at the end of the tunnel — the first exercise was

over.

The journalists were then led from the dark basement into the bright October sunlight and a row of mangled automobiles.

Following a quick lesson on how pull victims from wreckage, the students were set loose to wreak havoc on the all-ready-destroyed automobile.

After learning the proper way to break out a car window, (Really, there is a right and a wrong way) the students learned to remove a crushed car door using the "jaws of life."

After the automobile accident training, the participants received their final necessary training before heading out to fight the house fire.

Volunteer firemen from Plattsmouth and Ralston taught the proper way to use a fire hose to extinguish a fire.

Those mere minutes of training were about to pay off. The time had come to fight a real fire.

Black smoke was pouring from the windows of the abandoned farmhouse as the yellow school bus full of anxious trainees arrived on the scene. (No, they didn't get to ride on the back of the shiny red truck with the black and white spotted dog and the wailing siren.)

After an hour of tag-team fire fighting, the house was extinguished—not that it mattered anyway, because the regular fireman burned it to the ground when the class was over.

Actual fireman's training takes month of hard work and devotion, but according to Bellevue Volunteer Firefighter John Brazda Jr., these journalists at least acquired a better understanding of what it takes to risk your life to save others.

Understanding is half battle, Brazda said.

"Fire fighting gives you more knowledge," he said. "Not only on how to save lives, but also on how to deal with people, when they see their whole lives burning down around them."

Editor's Note: Gateway News Editor Kent Walton was a participant in the Bellevue Volunteer Fire Department's Media Fire College Saturday.

UNO Maverick Days 1990 Homecoming Candidates

"Can't Touch This"

Shilo DeReu



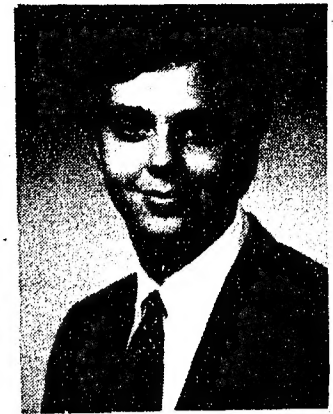
Junior; Secondary Education major; 3.059 GPA
Activities: UNO Maverick Cheerleader, 3 years, co-captain, 2 years; Vice Chancellor's Student Leadership Council; employed as a Quality Assurance Representative at Idelman Telemarketing.
Honors: National Cheerleaders Association All-American, 2 years, selected for high school instruction.



Michael Farquhar



Junior; Management major; 2.91 GPA
Activities: Theta Chi fraternity, past President, chairman of regional conference at UNO; Interfraternity Council, treasurer; UNO College Republicans, President.



Courtney Koziol



Senior; Journalism major; 3.523 GPA
Activities: Alpha Xi Delta sorority; volunteer for various community service organizations; Honors Program.
Honors: Regent's Scholar
Future plans: pursue a degree in law, with an emphasis in constitutional law.



Jerry O'Doherty



Sophomore; Accounting major; 3.95 GPA
Activities: Pi Kappa Alpha fraternity, Credentials committee, Fundraising committee; Students for Life; Student Senate, Student Affairs committee; Vice Chancellor's Leadership Council; Honors Program; employed at Knoll's Golf Course.
Honors: Dean's List; Pacesetter Scholar; Union Pacific Scholar.



Wendy Millard



Senior; Finance major; 2.761 GPA
Activities: Zeta Tau Alpha, President; UNO Lady Mav Basketball Team.
Honors: UNO Basketball Scholarship, 2 year varsity letter winner.



Gary Zoucha



Junior; Public Relations major; 2.20 GPA
Activities: Tau Kappa Epsilon fraternity; Student Programming Organization, Student Director; National Association for Campus Activities, stage manager, 3 years.
Honors: TKE Member of the Year Award; SPO Member of the Year Award, 2 years.
Future plans: to work as a Public Relations agent in the music industry.



Heather Rizzuto



Sophomore; Broadcast Journalism and English major; 3.908 GPA
Activities: Chi Omega sorority; Library and Educational Resources committee; Intramural Co-ed Flag Football; volunteer for Easter Seals, March of Dimes and Arthritis Foundation, among others; Rizzuto Sisters; Honors Program.
Honors: Dean's List; Alpha Lambda Delta; Phi Eta Sigma; Panhellenic Highest Pledge GPA.



Joseph Pilus



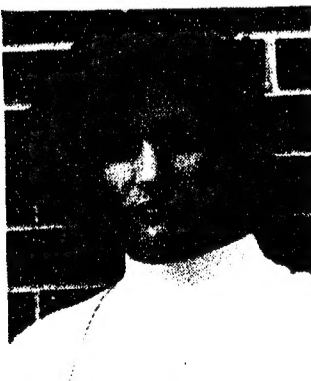
Senior; Political Science major; 2.770 GPA
Activities: Sigma Phi Epsilon fraternity, President; Junior Achievement program, instructor; Millard North debate judge and volunteer for various speech and debate area activities.
Future plans: to go on to law school and politics.



Jennifer Wollen



Senior; Speech Communications major; 2.791 GPA
Activities: Sigma Kappa sorority, Vice President of Membership; co-ed soccer; Sunday school teacher, Bible school coordinator; Friends of International Students; sponsor of a World Vision child; employed at Wollen Cleaners.
Honors: Omicron Delta Kappa



Rod Bennar



Sophomore; Pre-Med (Public Relations) major; 3.259 GPA
Activities: Marching Band; High School Flag Instructor for Omaha Public Schools.



LeAnn Stoltenberg



Junior; Music Education major; 3.831 GPA
Activities: Honors Program; Wind Ensemble; University Orchestra; Marching Band Squad Leader; Representative to the Music Department Student Advisory Committee; Collegiate Members of the Nebraska Music Educators' Association.
Honors: Alpha Lambda Delta; Phi Eta Sigma; Dean's List.



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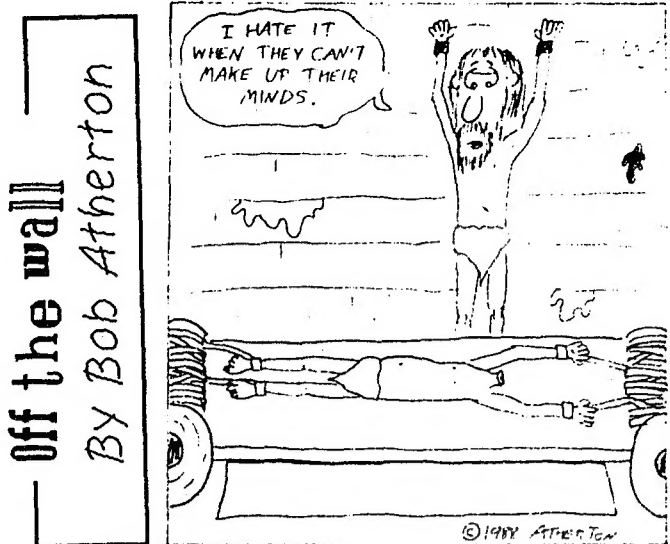
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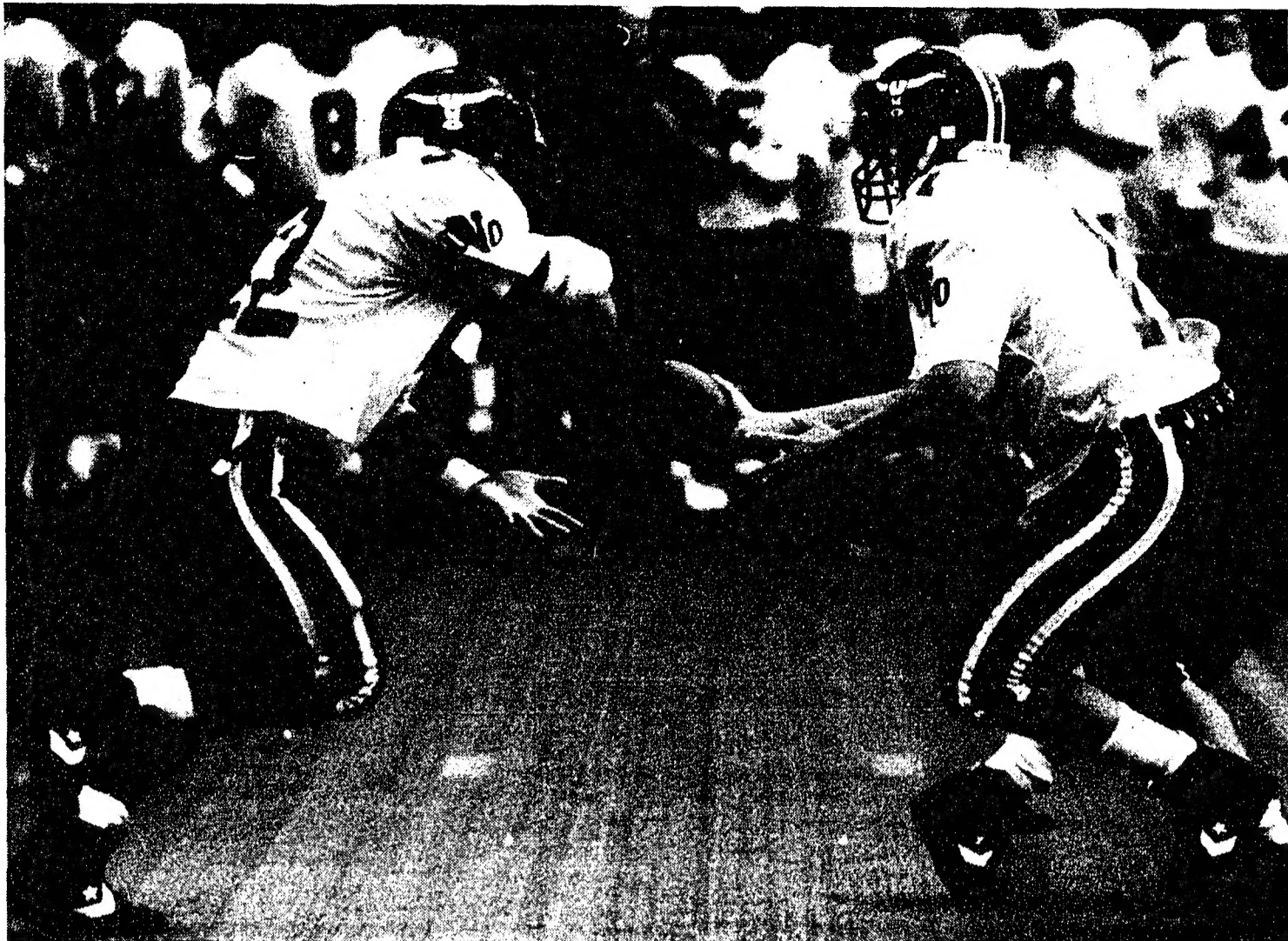
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Paul Cech hands off to LaRon Henderson in an earlier game

— DAVE BAVARESCO

Mavericks fall 34-0

St. Cloud State pours it on against UNO

By DAVE DUFEK

St. Cloud State University and UNO entered Saturday's football contest with equal 1-2 records in the North Central Conference (NCC).

But — when all was said and done — the Huskies shut down the Mav offense and foiled UNO's defense, blanking the Mavericks 34-0.

"I guess I get disappointed for our kids," UNO Coach Tom Mueller said. "They work very hard out there."

Saturday marked the first time since 1986 that UNO has failed to score in a game. Also,

1990 is the first year since 1982 in which the Mavericks have started the season 2-4. The 1982 UNO club ended the season 6-5.

Saturday's woes began after the Mavericks were forced to punt on the first drive of the game. The Huskies took control and booted a 25-yard field goal to put UNO behind 3-0 with 7:20 remaining in the first quarter.

On the ensuing UNO drive, senior quarterback Jim Burzinski — starting in place of junior Paul Cech — fumbled the ball, and St. Cloud State recovered. The Huskies capped a 10-play, 56-yard drive with a touchdown, to make the score 10-0 with 4:23 remaining in the quarter.

Late in the first quarter, UNO was forced

to punt. On the following play, St. Cloud quarterback Jim Mauer hit Todd Hodapp in the end zone with six seconds remaining. After one quarter, the Huskies led 17-0.

But the Mavs' troubles weren't over yet. Burzinski had a pass picked off to open the second quarter — one of seven UNO turnovers, including five interceptions.

After UNO regained control of the ball, Burzinski threw another interception. This time, St. Cloud State marched 60 yards for another touchdown. At the half, the Huskies led 24-0.

Neither team scored in the third quarter. St. Cloud State opened the fourth quarter with a drive ending in a 30-yard field goal, giving the Huskies a 27-0 advantage.

After a fumble by Burzinski, the Huskies scored one last touchdown to ice the game at 34-0.

The Huskie defense held UNO at bay for the majority of the game, as the Mavericks failed to get any closer to their end zone than the St. Cloud 37-yard line. The Mavericks finished the game with 78 yards in total offense, including negative-seven yards rushing. St. Cloud State rolled up 398 yards in offense.

"They had a very good offense," Mueller said. "They physically handled us."

Senior I-back LaRon Henderson led UNO rushers with 12 yards. Henderson still needs 12 more yards to break UNO's career rushing record. Roy Napora added six yards to the Maverick tally.

Burzinski was 13-for-25, passing for 85 yards. Eric Hill had 30 yards in receptions for the Mavs and teammate Chris Crutchfield added 19 yards.

This Saturday at 7:30 p.m., the Mavs play the North Dakota Fighting Sioux at Al Caniglia Field, UNO's homecoming game.

"Our kids enjoy playing at home," Mueller said. "This will be a special game for them. North Dakota is a good football team. They're a very good running team and they throw the ball exceptionally well."

Jock Journal

by Dave Dufek

Gladiators?

While innocently flipping through the channels on television early Sunday morning, I happened to run across a phenomenon on KPTM, channel 42.

It was called "American Gladiators."

Briefly, American Gladiators is a sports game show comparable to professional wrestling — only more stupid.

In the show, several large, steroid-popping muscular types (the American Gladiators) attempt to shoot, wrestle, pummel, maim and otherwise hurt several average citizens (the "contenders").

If the contenders defeat the American Gladiators in any of several physical contests, the contenders earn points, and the contender with the most points at the end of the show wins.

What do they win? Well, if they are champion of the season, they win a jeep.

A jeep. That's it. And that's only if you are undefeated. Everyone else gets the satisfaction of knowing they weren't killed.

And winning isn't easy, as the American Gladiators are equivalent in weight to a UPS truck and bench press each other for training.

Both male and female contenders compete in the events, with such titles as "Human Cannonball," "Atlasphere" and "We'll Put You In Traction So You Can't Score Any More Points."

One problem.

"The contenders aren't muscular, big, or for that matter, very athletic. Their occupations range from accountant to public librarian. And they're supposed to wrestle a guy named "Nitro."

Of course these American Gladiators have a collective IQ somewhere near the fourth-grade level. And they all have neat "code names" like Ice, Killer, Blaze, Smelly, Sneazy, Dopey, Happy, Grumpy and Doc. I kept wondering where Snow White was.

I'll give these Gladiators one thing — they know how to play off of the studio audience. Their taunts go something like this:

"These contenders are good athletes, but they'll never beat me because I'm JUPITER AND I'M THE MOST POWERFUL BEING IN THE UNIVERSE SINCE GOD. HAH, HAH, HAH, HAH."

This is traditionally followed by the audience showing their undying approval of the bloodshed by whooping, clapping and screaming for the games to begin.

The Gladiators are dressed in tight red, white and blue outfits that would be considered obscene in public facilities.

One part of the game might go something like this:

"Eugene, our first contender, is a computer-paper replacement specialist from Elkhorn, Neb. He will run around the arena with this ball, trying to put the ball in five containers scattered about the arena."

Not too tough.

"Three Gladiators will chase him and try to — well — make his face part of the concrete floor of the arena."

Oh.

As the three Gladiators are playing racquetball with Eugene's head and the other contender looks on in pure agony, the audience once again stomps and whistles its approval.

Oh well, at least this keeps them from watching professional wrestling.

Blocking and engineering

By DAREN SCHRAT

Some people can handle more than others. Scott Woods is one of those people.

Woods, the 6-foot-3-inch, 250-pound starting offensive tackle for the UNO football team, keeps his hands full when facing opposing defenders.

However, as a manufacturing engineering major with a 3.75 grade point average, Woods has to block more than defenders in order to be successful.

A two-time letter winner, Woods does not complain about his rigorous schedule; in fact, he said that schedule actually helps him in the classroom, forcing him to spend his time efficiently.

"It helps you out, it keeps you on top of things," Woods said.

A typical day for Woods demands efficiency. He comes to school at 7 a.m. Football practice and engineering labs do not allow him to call it a day until after 9 p.m. "It's pretty late when I get home," he said. "If something can wait, I'll do it Sunday."

The demanding field of engineering sometimes forces Woods to miss part of football practice. Often, Woods has to contact his coach to find out what he missed at practice.

Woods said flexible instructors and fellow students also help him balance football and classes.

Woods gets help in keeping up from instructors who allow him to make up work after road games and from the close-knit group of engineering students.

A Grand Island, Neb., native, Woods has been playing football since the ninth grade.

"It seems like I've been playing forever," he said.

However, he said, all that time on the gridiron may pay off when it comes time to look for a job.

When his playing career ends, Woods hopes to land a manufacturing engineering job in the Midwest. He said people who play football, or any team sport, have an advantage seeking employment, because they've proven they can stick with a challenge and work with others in a team effort.

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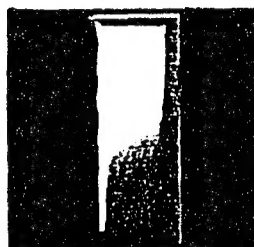
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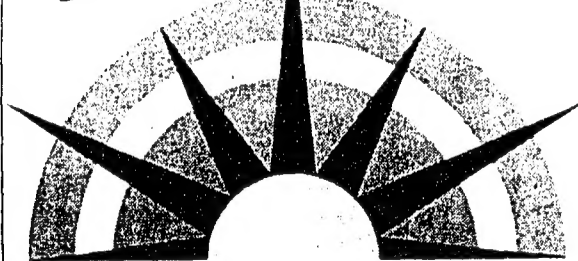


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 For July: January 1, 1991

For more information, contact
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 Rochester, MN 55903-6057
 Phone 1-800-247-8590 or
 507-255-4314

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Disney AUDITIONS

GYMNAST/TUMBLERS AND ACTORS WITH ATHLETIC SKILLS

Walt Disney World Co. will hold open auditions for experienced gymnast/tumblers (male and female) and actors who have athletic abilities (climbing, running, gymnastics, stage combat, rappelling, experience with whips, and the ability to work at substantial heights) for roles in the outdoor, live show, *Indiana Jones Epic Stunt Spectacular* at the Disney/MGM Studio theme park in Florida. The show consists of three action scenes from *Raiders of the Lost Ark*, performed up to ten times daily in the 2,000-seat amphitheater.

All applicants must be at least 18 years of age and in good physical condition. Bring non-returnable photo and resume and wear appropriate attire and shoes.

All gymnast/tumbler applicants will display dive roll, back and front handsprings, cartwheels and other gymnastic moves. Experience in 2- and 3-high pyramid building and arabian tumbling is a plus. Some gymnasts may be asked to read from scripts.

Actors must have professional experience, and athletic skills are a must for all stunt roles. Prepare a one-minute monologue (comic or serious) and be prepared for script reading. All actors with athletic skills will participate in a separate gymnastic/light combination that will be taught at the audition.

Indiana Jones (Stunt Role)	male, 25-35 range
Marion Ravenswood (Stunt Role)	female, 25-35 range
Swordswoman/German Mechanic (Stunt Role)	male, 25-35 range
Director (Mature presence, MC understudy)	tall, solid build
First Assistant Director (Young, sharp wit)	male, 30-40 range
Continuity Supervisor (Marion understudy)	male, 25-35 range
Director of Photography (Mechanic understudy)	female, 25-35 range
Special Effects Supervisor (Indiana understudy)	male, 25-35 range
Emcee (Guides audience through show)	male, 25-35 range
Hostess (Marion/Continuity understudy)	female, 25-35 range

Relocation assistance is offered as part of a complete benefit package.

AUDITION SITES, DATES AND REGISTRATION TIMES
 Note: Gymnast/Tumblers attend first day, Actors attend second day.

OMAHA, NEBRASKA
 Creighton University
 Kiewit Fitness Center

GYMNAST/TUMBLERS
 Tuesday, October 23
 Registration 9AM

ACTORS WITH ATHLETIC SKILLS
 Wednesday, October 24
 Registration 10AM

Call back auditions same day. No appointment necessary.
 For further information, call Walt Disney World Auditions,
 407/345-5701, Monday-Friday, 10AM - 4PM Eastern Time.

All full time entertainers employed by Walt Disney World Co. are covered under the terms and conditions of a collective bargaining agreement with Actor's Equity Association.

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LAST LECTURE—Dr. Orr Menard. Political Science. Omaha room, MBSC, noon, Thursday, Oct. 11. Brown Bag. Everyone invited.

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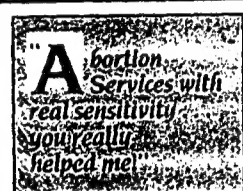
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October 22, 1990

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You may obtain tickets by stopping by the UNO Student Center Business Office, Room 124, M-F 8 a.m.-4:30 p.m. OR call 554-2981 and we will mail your tickets at no charge. Limit 4 tickets per person.

Old tickets must be exchanged.



This event is sponsored by the Pacesetter Corporation.

DATE CHANGED
Due to Congressional budget negotiations and farm bill issues, Senator Kerrey has requested we postpone his presentation until October 22, 1990. Tickets will be reissued Monday, Oct. 8, 1990.